

Muscle Strengthening at Home (Toe Lift)

(Dave Patania)

Toe lifts make the lower legs, your calves and ankles stronger. Start out by standing on the floor with your hand secured on counter or a chair.

With your feet shoulder-width apart, push up as far as you can on the balls of your feet.

Pause for 2 seconds, then, lower your heels back to the floor.

Do 1 set at least 2 times per week. As you get stronger, these will become easier.

Want more of a challenge? Do your toe lifts on the stairs. Be sure that your staircase has a railing or a good wall so that you can balance yourself. Always, for safety's sake, use the first stair like Rachel is doing here. Facing up the staircase, stand with the balls of your feet with your heels just hanging off the edge, feet shoulder-width apart. Now push up as far as you can on the balls of your feet, pause for 2 seconds, then lower the heels back to the starting position.